



NHS

We are here for you

**Are you struggling
with the impact of
COVID-19?**

We are here to help



Many people working in care homes and care environments are working in extraordinary times and under exceptional pressures. This is putting significant strain on our personal resilience.

We know it's not always easy to seek help, but it's never been more important for us to look after our own wellbeing and the Humber, Coast and Vale Resilience Hub is here to help you do just that.

www.hcvresiliencehub.nhs.uk

The Humber, Coast and Vale Resilience Hub supports people working in care roles and environments and their families across North Yorkshire, Humberside and the Vale of York.

We can offer you and your family advice and support that can help with a range of issues from emotional wellbeing and bereavement to stress and burnout, debt or relationship issues.

We offer various levels of support to meet your needs and our confidential service builds on existing wellbeing support offers that are available.

We are independent of existing organisational health and wellbeing offerings and our dedicated team can help you to quickly access the best advice and treatment when you need it.



Visit www.hcvresiliencehub.nhs.uk for more information.

You can also email tewv.hcv-resiliencehub@nhs.net